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ABSTRACT

Offered in this guide are facts enabling family day care providers in Michigan to serve meals meeting meal pattern requirements of the state's Child Care Food Program. Adapted from the "Food Buying Guide for Child Nutrition Programs," contents are based on the latest Federal regulations and meal pattern requirements, current food production and marketing techniques, packaging methods, and grading standards. Introductory information explains the yield data tables, how to calculate the quantity of food needed, and how to use additional yield information. Foods are classified according to meal pattern components of the Child Care Food Program: meat and meat alternatives, vegetables and fruits, bread and bread alternates, and milk. In that order, sections 1 through 4 of the guide concern foods in those categories. The yield data tables furnish information about food as purchased, the purchase unit, servings per purchase unit, serving size or portion, and, when relevant, additional yield information. Appended are a chart of meal pattern requirements, a chart of bread and bread alternates, and tables concerning abbreviations and symbols, volume equivalents, decimal equivalents of commonly used fractions, and metric equivalents. (RH)

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Food Buying Guide for Family Day Care Homes

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I N T R O D U C T I O N

The purpose of this publication is to assist family day-care home providers in serving meals to enrolled children which meet meal pattern requirements of the Child Care Food Program.

This guide was adapted from the Food Buying Guide for Child Nutrition Programs (Program Aid No. 1331), which is based on the latest Federal regulations and meal pattern requirements, current food production and marketing techniques, packaging methods, and grading standards.

The data in this guide are based on laboratory testing by the Human Nutrition Information Service, U.S. Department of Agriculture(USDA). They are also consistent with the standards of the Food Safety Inspection Service, USDA; the National Marine Fisheries Service, U.S. Department of Commerce; and the Food and Drug Administration, U.S. Department of Health and Human Services.

This publication was prepared by:

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EXPLANATION OF YIELD DATA TABLES

Foods in this Food Buying Guide are classified according to the appropriate food component in the meal pattern of the Child Care Food Program. These components are Meat and Meat Alternates, Vegetables and Fruits, Bread and Bread Alternates, and Milk.

The yield tables furnish the following information:

Column 1 Food as purchased: Individual foods are arranged in alphabetical order by type of food. For instance, ham is listed under Pork, Mild Cured. Within each type, foods are listed according to the forms in which they appear on the market--fresh, canned, frozen, or dehydrated. They are further identified as sliced or without bone, for example.

Column 2 Purchase unit: The purchase unit for most foods is given as one pound. Purchase units for some processed foods also list smaller packs and the net weight of its contents.

Column 3 Servings per purchase unit: This column shows the number of servings or portions of a given size from each pound (or other purchase unit). It is based on average yields from good quality foods prepared in ways that result in a minimum of waste. Numbers are given to one decimal place which has been rounded up to 0.5 or the nearest whole number.

Column 4 Serving size or portion: A serving or portion is described by weight, measure, or number of pieces or slices. Such items as raw apple or piece of cooked chicken are given an approximate yield in measure or weight in parentheses. The serving size given in this column for foods specified in the meal pattern can be credited toward the requirements as follows: 1 ounce servings for meat and meat alternates, 1/4-cup servings for vegetables and fruits, serving sizes equivalent to one-half slice of bread for bread and bread alternates, and 1/2-, 3/4-, and 1-cup servings for milk.

Column 5 Additional yield information: This column gives other information to help you calculate the amount of food you need to prepare.

HOW TO CALCULATE THE QUANTITY OF FOOD YOU NEED

The most important use of this Food Buying Guide is to help you determine how much food to prepare to meet meal pattern requirements. First, you need to plan your menus. Second, you need to determine the number of servings and serving size for each menu item. Then, you can calculate the amount of each food to prepare.

Use the information in column 3, Servings per purchase unit, to calculate the total amount of food you need to prepare for a specified number of servings. Follow this procedure:

1. Estimate the number of servings you need and the serving size of the food.

2. Locate the food in the Guide in the form you intend to serve. Check the serving size listed in column 4, Serving size or portion and contribution to the meal pattern requirements.

   If the serving size you use is the same as is listed in column 4 of the Guide, the number of servings needed is the same as the number of people served.

   If the serving size you use is different than the ones in the Guide, you must first convert to the serving size used in the Guide.

3. Divide the number of servings needed by the number of servings you can get from one purchase unit (pound, can, etc.) which is given in column 3. This amount will give you the number of purchase units needed for that food. Round up to the nearest fraction to insure enough food to prepare.

For Serving Sizes Listed in the Guide

Example: Ground Beef

1. Assume you will need 5 1-ounce servings of cooked ground meat.

2. See Ground Beef on page 10. From column 3, 1 pound of ground beef provides 11.5 1-ounce servings of cooked lean meat.

3. $\frac{\text{Number of people to be served}}{\text{Servings per purchase unit}} = \frac{5}{11.5} = 0.45$

   Round up to 0.5. You will need 0.5 (1/2) pound of ground beef for the 5 servings.

For Serving Sizes Not Listed in the Guide

Example 1: Baked Beans

1. Assume you will need 6 1/8-cup servings of baked beans.

2. See Beans (baked or in sauce) on page 9. From column 3, one No. 300 can provides 7.5 1/4-cup servings. Since a 1/8-cup serving is not listed in column 4, convert to the number of 1/4 cups.

   Divide 1/8 by 1/4: (1/8 = 0.125, 1/4 = 0.25)

   $$\frac{0.125}{0.25} = 0.5$$

   Multiply the factor (0.5) by the number of people to be served (6): 0.5 x 6 = 3 1/4-cup servings

3. $\frac{\text{Number of people to be served}}{\text{Servings per purchase unit}} = \frac{3}{7.5} = 0.4$

   Round up to 0.5. You will need 0.5 (1/2) No. 300 can baked beans for the 6 servings.

Example 2: Peanut Butter

1. Assume you will need 7 1-tablespoon servings of peanut butter.

2. See Peanut Butter, canned, on page 15. From column 3, 1 32-oz jar provides 29.0 2-tablespoon servings. Since 1-tablespoon serving is not listed, convert to the number of 2-tablespoon servings.

   Multiply the number of people to be served (7) times the number of tablespoons for each serving (1) to get the total number of tablespoons needed:

   7 x 1 = 7 tablespoons

   Divide this number (7) by 2 to get the total number of 2-tablespoon servings needed:

   $$\frac{7}{2} = 3.5 \text{ 2-tablespoon servings}$$

3. Divide the number of 2-tablespoon servings (3.5) by the number of servings per purchase unit (29.0):

   $$\frac{3.5}{29.0} = 0.12$$

   Round up to 0.125. You will need 0.125 (1/8) 32-oz jar peanut butter.

For Multiple Serving Sizes

Example: Cooked Carrot Slices

1. Assume you will need 2 1/8-cup servings and 4 1/4-cup servings of cooked carrot slices.

2. See Carrots, fresh, cooked vegetable slices, on page 32. From column 3, 1 pound of fresh carrots provides 8.5 1/4-cup servings of cooked carrot slices. Since you need multiple serving sizes, multiply the number of people in each group by the serving size for that group:

   2 servings x 1/8 cup = 0.25 cup

   4 servings x 1/4 cup = 1.00 cup

   1.25 cups

   Convert to the number of 1/4 cups:

   $$\frac{1.25}{0.25} = 5 \text{ 1/4-cup servings}$$

3. $$\frac{\text{Number of 1/4-cup servings needed}}{\text{Servings per purchase unit}} = \frac{5}{8.5} = 0.59$$

   Round up to 0.625. You will need 0.625 (5/8) pound of fresh carrots for the 6 people.

HOW TO USE ADDITIONAL YIELD INFORMATION

Use the information in column 5, Additional yield information, to determine about how much food is required for a specified amount of ready-to-cook or cooked food listed in a recipe. The information is also useful to determine the correct yields for foods purchased preprepared and ready-to-cook or use. This is especially useful for fresh fruits and vegetables. Follow this procedure:

1. Refer to the yield information for the food in column 5.

2. Divide the quantity used in the recipe (or purchased) by the quantity of ready-to-cook food obtained from one pound as purchased.

3. Multiply this calculated quantity by the servings per purchase unit (from column 3, Servings per purchase unit) for the form of food as served.

Example:

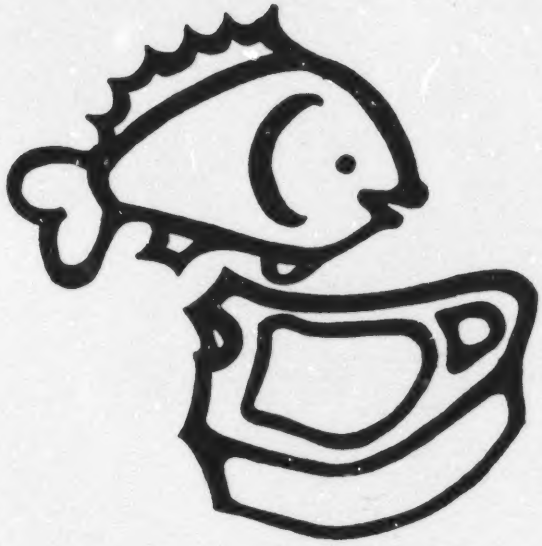
A recipe for 6 servings of Apple-Peach Crisp specifies 3/4 cup (.75) pound of raw, sliced, pared apples. To determine the pounds of fresh apples you need and the number of 1/4-cup servings of fruit (for crediting purposes) you will obtain from apples, proceed as follows:

1. In column 5, page 23, of yield information for fresh apples, 1 pound AP (purchased whole) equals 0.78 pound ready-to-cook, pared apples.

2. Divide the number of pounds (.75) of raw, sliced apples by the quantity of ready-to-cook apples obtained from one pound as purchased (0.78 pound).

   $\frac{0.75 \text{ pound}}{0.78 \text{ pound}}$ = 0.96 pound of apples, rounded up to 1.0 pound of fresh, unpared apples

3. Multiply 1.0 pound by 7.0 1/4-cup servings per pound = 7.0 servings of fruit (7.0 1/4-cup servings per pound, on page 23, column 3, was used because the food as served is cooked.)



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MEAT/MEAT ALTERNATES

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BEANS, DRY				
Bean Soup, Canned				
Condensed (1 part soup to 1 part water)	10-½ oz can	5.5	½ cup reconstituted (¼ cup cooked beans)	
Ready-to-serve	8 oz can	2.0	½ cup serving (¼ cup cooked beans)	
Dry Beans				
Blackeye beans (or peas)	Pound	28.5	¼ cup cooked beans	1 lb dry = about 2-3/4 cups
Garbanzo (chickpea)	Pound	25.0	¼ cup cooked beans	1 lb dry = about 2-½ cups
Great Northern	Pound	25.5	¼ cup cooked beans	1 lb dry = about 2-½ cups
Kidney	Pound	25.0	¼ cup cooked beans	1 lb dry = about 2-½ cups
Lima				
Small	Pound	23.5	¼ cup cooked beans	1 lb dry = about 2-3/8 cups
Large	Pound	27.0	¼ cup cooked beans	1 lb dry = about 2-5/8 cups
Mung	Pound	28.5	¼ cup cooked beans	1 lb dry = about 2-½ cups
Navy (pea)	Pound	24.0	¼ cup cooked beans	1 lb dry = about 2-½ cups
Pinto	Pound	25.0	¼ cup cooked beans	1 lb dry = about 2-3/8 cups
Soybeans	Pound	26.0	¼ cup cooked beans	1 lb dry = about 2-½ cups
Dry Beans, Canned (baked or in sauce, includes refried)	No. 300 can (16 oz)	7.5	¼ cup cooked beans	
Beans with bacon in sauce	Pound	5.0	3/8 cup serving (about ¼ cup cooked beans)	
Beans with frankfurters in sauce	Pound	5.5	1/3 cup serving (about 1 oz meat/meat alternate)	

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Blackeye beans (or peas)	No. 303 can (16 oz)	6.5	¼ cup heated, drained beans	
Garbanzo (chickpeas)	No. 300 can (15 oz)	7.0	¼ cup drained beans	
Kidney	No. 303 can (16 oz)	6.5	¼ cup heated, drained beans	
Lima	No. 303 can (16 oz)	6.5	¼ cup heated, drained beans	
Pinto	No. 303 can (16 oz)	6.5	¼ cup heated, drained beans	
BEEF, FRESH OR FROZEN				
Brisket, Corned (without bone)	Pound	7.0	1 oz cooked lean meat	1 lb AP = 0.42 lb cooked lean meat
Brisket, Fresh (without bone)	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.46 lb cooked lean meat
Ground Beef (no more than 30% fat)	Pound	11.5	1 oz cooked lean meat	1 lb AP = 0.70 lb cooked meat
Heart (trimmed)	Pound	7.0	1 oz cooked lean meat	1 lb AP = 0.44 lb cooked heart
Kidney (trimmed)	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.54 lb cooked kidney
Liver (trimmed)	Pound	11.5	1 oz cooked lean meat	1 lb AP = 0.70 lb cooked liver
Roasts				
Chuck (without bone)	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.60 lb cooked lean meat
Chuck (with bone)	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.45 lb cooked lean meat
Round (without bone)	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.61 lb cooked lean meat
Rump (without bone)	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.62 lb cooked lean meat

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Steaks				
Flank	Pound	11.0	1 oz cooked lean meat	1 lb AP = 0.67 lb cooked lean meat
Round (without bone)	Pound	9.5	1 oz cooked lean meat	1 lb AP = 0.59 lb cooked lean meat
Stew Meat	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.56 lb cooked lean meat
Tongue	Pound	9.5	1 oz cooked lean meat	1 lb AP = 0.58 lb cooked tongue
BEEF PRODUCTS, CANNED OR FROZEN				
Barbecue Sauce with Beef	Pound	5.5	1/3 cup serving (about 1 oz cooked meat)	1 lb AP = 0.35 lb cooked meat
Beef and Gravy with Dumplings	Pound	2.5	3/4 cup serving (about 1.2 oz cooked meat)	1 lb AP = 0.18 lb cooked meat
Beef Goulash	Pound	2.5	3/4 cup serving (about 1.2 oz cooked meat and ¼ cup vegetable)	1 lb AP = 0.18 lb cooked meat
Beef Hash	Pound	5.5	1/3 cup serving (about 1 oz cooked meat and 1/8 cup vegetable)	1 lb AP = 0.35 lb cooked meat
Beef Stew	Pound	2.5	3/4 cup serving (about 1.2 oz cooked meat and ¼ cup vegetable)	1 lb AP = 0.18 lb cooked meat
Beef Taco Filling	Pound	3.5	½ cup serving (about 1.2 oz cooked meat)	1 lb AP = 0.28 lb cooked meat
Beef with Barbecue Sauce	Pound	7.0	¼ cup serving (about 1 oz cooked meat)	1 lb AP = 0.50 lb cooked meat
Beef with Gravy, Canned	Pound	7.0	¼ cup serving (about 1 oz cooked meat)	1 lb AP = 0.50 lb cooked meat
Chili Con Carne	Pound	3.5	½ cup serving (about 1.2 oz cooked meat)	1 lb AP = 0.28 lb cooked meat
Chili Con Carne with Beans	Pound	5.5	1/3 cup serving (about 1 oz meat/meat alternate)	

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Corned Beef Hash	Pound	5.5	1/3 cup serving (about 1 oz cooked meat and 1/8 cup vegetable)	1 lb AP = 0.35 lb cooked meat
Gravy and Beef	Pound	5.5	1/3 cup serving (about 1 oz cooked meat)	1 lb AP = 0.35 cooked meat
CHEESE				
American, Cheddar, Mozzarella, or Swiss (natural or process)	Pound	16.0	1 oz cheese	1 lb = about 4 cups shredded
Cottage or Ricotta	Pound	8.0	2 oz serving about ¼ cup (1 oz meat alternate)	1 lb cheese = about 2 cups
Cheese Food Products				
Cheese food (process)	Pound	8.0	2 oz serving (1 oz meat alternate)	
Cheese spread (process)	Pound	8.0	2 oz serving (1 oz meat alternate)	
CHICKEN, FRESH OR FROZEN				
Frying Chicken (chicken parts)				
Breast halves with ribs (about 6.1 oz each)	Pound	5.5	½ breast half (about 2.0 oz cooked chicken)	1 lb AP = 0.66 lb cooked chicken with skin
		9.0	1 oz cooked chicken	1 lb AP = 0.56 lb cooked chicken without skin
Drumsticks (about 3.7 oz each)	Pound	4.5	1 drumstick (about 1.8 oz cooked chicken)	1 lb AP = 0.49 lb cooked chicken with skin
		6.5	1 oz cooked chicken	1 lb AP = 0.41 lb cooked chicken without skin

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Thighs (about 4.0 oz each)	Pound	4.0	1 thigh (about 2.1 oz cooked chicken)	1 lb AP = 0.52 lb cooked chicken with skin
		7.0	1 oz chicken	1 lb AP = 0.43 lb cooked chicken without skin
Back pieces (about 6.0 oz each)	Pound	3.0	1 back piece (about 1.9 oz cooked chicken)	1 lb AP = 0.32 lb cooked chicken with skin
		4.0	1 oz cooked chicken	1 lb AP = 0.24 lb cooked chicken without skin
Wings (about 3.1 oz each)	Pound	5.5	1 wing (about 1 oz cooked chicken)	1 lb AP = 0.34 lb cooked chicken with skin
		4.5	1 oz cooked chicken	1 lb AP = 0.26 lb cooked chicken without skin
Whole Chicken	Pound	6.5	1 oz cooked chicken including neck meat and giblets	1 lb AP = 0.41 lb cooked chicken without skin
		6.0	1 oz cooked chicken excluding neck meat and giblets	1 lb AP = 0.36 lb cooked chicken without skin
CHICKEN PRODUCTS, CANNED OR FROZEN				
Boned Chicken Canned				
Boned, solid pack	Pound	14.5	1/8 cup serving (about 1 oz cooked chicken including skin)	1 lb AP = 0.93 lb cooked chicken and skin
Boned	Pound	14.5	1/8 cup serving (about 1 oz cooked chicken including skin)	1 lb AP = 0.88 lb cooked chicken and skin
Chicken A La King	Pound	4.0	½ cup serving (about 1 oz cooked chicken)	1 lb AP = 0.20 lb cooked chicken
Chicken Barbecue, Minced	Pound	7.0	⅛ cup serving (about 1 oz cooked chicken)	1 lb AP = 0.40 lb cooked chicken

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Chicken Salad	Pound	3.5	½ cup serving (about 1 oz cooked chicken including skin)	1 lb AP = 0.24 lb cooked chicken
Chicken with Gravy	Pound	5.5	1/3 cup serving (about 1 oz cooked chicken)	1 lb AP = 0.35 lb cooked chicken
Chicken with Noodles or Dumplings	Pound	2.5	3/4 cup serving (about 1 oz cooked chicken)	1 lb AP = 0.15 lb cooked chicken
Creamed Chicken	Pound	3.5	½ cup serving (about 1 oz cooked chicken)	1 lb AP = 0.20 lb cooked chicken
EGGS				
Fresh Shell Eggs	Dozen (24 oz)	12.0	1 large egg	1 qt (34 oz) = about 19 large whole eggs, or 29 whites, or 57 yolks
Frozen Whole Eggs	Pound	9.0	1 large egg	1 lb frozen = about 1-7/8 cups (9 large eggs)
FRANKFURTERS, BOLOGNA				
Bologna	Pound	16.0	1 oz serving	
Frankfurters				
8 per pound	Pound	8.0	2 oz frankfurter	
10 per pound	Pound	10.0	1.6 oz frankfurter	
Knockwurst	Pound	16.0	1 oz serving	
Vienna Sausage	Pound (drained weight)	16.0	1 oz serving	
LAMB, FRESH OR FROZEN				
Chops, Shoulder (with bone)	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.46 lb cooked lean meat
Roasts				
Leg (without bone)	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.61 lb cooked lean meat

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Shoulder (without bone)	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.54 lb cooked lean meat
Stew Meat	Pound	10.5	1 oz cooked lean meat	1 lb AP = 0.65 lb cooked lean meat
PEANUT BUTTER				
Peanut Butter	Pound	14.5	2 tablespoons (about 1.1 oz peanut butter)	
	32 oz jar	29.0	2 tablespoons (about 1.1 oz peanut butter)	
PEAS AND LENTILS, DRY				
Dry Peas				
Split peas	Pound	23.5	½ cup cooked peas	1 lb dry = about 2-½ cups
Whole peas	Pound	26.0	½ cup cooked peas	1 lb dry = about 2-1/3 cups
Lentils	Pound	30.0	½ cup cooked lentils	1 lb dry = about 2-3/8 cups
Pea Soup, Canned (includes cream of pea soup)				
Condensed (1 part soup to 1 part water)	10-½ oz can	5.5	½ cup reconstituted (½ cup cooked peas)	
Ready-to-serve	8 oz can	2.0	½ cup serving (½ cup cooked peas)	
PORK, FRESH OR FROZEN				
Chops, Loin (with bone)	Pound	6.5	1 oz cooked lean meat	1 lb AP = 0.41 lb cooked lean meat
Heart (trimmed)	Pound	8.0	1 oz cooked meat	1 lb AP = 0.50 lb cooked heart
Liver (untrimmed)	Pound	10.0	1 oz cooked meat	1 lb AP = 0.61 lb cooked liver

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Roasts				
Leg, fresh ham				
(without bone)	Pound	8.5	1 oz cooked lean meat	1 lb AP = 0.53 lb cooked lean meat
(with bone)	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.46 lb cooked lean meat
Loin				
(without bone)	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.54 lb cooked lean meat
(with bone)	Pound	6.5	1 oz cooked lean meat	1 lb AP = 0.41 lb cooked lean meat
Shoulder, boston butt				
(without bone)	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.54 lb cooked lean meat
(with bone)	Pound	8.0	1 oz cooked lean meat	1 lb AP = 0.50 lb cooked lean meat
Shoulder, picnic				
(without bone)	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.46 lb cooked lean meat
(with bone)	Pound	6.0	1 oz cooked lean meat	1 lb AP = 0.38 lb cooked lean meat
Sausage				
Bulk, Link, or Patty	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.47 lb cooked lean meat
Spareribs	Pound	6.5	1 oz cooked lean meat	1 lb AP = 0.39 lb cooked lean meat
Stew Meat	Pound	7.5	1 oz cooked lean meat	1 lb AP = 0.45 lb cooked lean meat
PORK, MILD CURED				
Bacon, Canadian	Pound	11.0	1 oz cooked lean meat	1 lb AP = 0.69 lb cooked lean meat
Ham				
(without bone	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.63 lb cooked lean meat
(with bone)	Pound	8.5	1 oz cooked lean meat	1 lb AP = 0.53 lb cooked lean meat

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Ham, Canned	Pound	10.5	1 oz heated lean meat	1 lb AP = 0.64 lb cooked lean meat
Shoulder, Boston Butt (without bone)	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.60 lb cooked lean meat
(with bone)	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.54 lb cooked lean meat
Shoulder, Picnic (without bone)	Pound	8.5	1 oz cooked lean meat	1 lb AP = 0.53 lb cooked lean meat
(with bone)	Pound	7.0	1 oz cooked lean meat	1 lb AP = 0.42 lb cooked lean meat
SEAFOOD, FRESH OR FROZEN				
Fish Fillets	Pound	11.5	1 oz cooked fish	1 lb = 0.70 lb cooked fish
Fish Portions, Frozen				
Fried battered (45 percent fish) 3 oz portion	Pound	5.5	1 portion (about 1.1 oz cooked fish)	1 lb AP = 0.37 lb cooked fish
Fried breaded (65 percent fish) 2 oz portion	Pound	8.0	1 portion (about 1.1 oz cooked fish)	1 lb AP = 0.54 lb cooked fish
Raw breaded (75 percent fish) 2 oz portion	Pound	8.0	1 portion (about 1.2 oz cooked fish)	1 lb AP = 0.58 lb cooked fish
Unbreaded 2 oz portion	Pound	8.0	1 portion (about 1.6 oz cooked fish)	1 lb AP = 0.78 lb cooked fish
Fish Steaks, Frozen	Pound	10.5	1 oz cooked fish	1 lb AP = 0.66 lb cooked fish
Fish Sticks, Frozen				
Fried breaded (60 percent fish) 1 oz stick	Pound	8.0	2 sticks (about 1 oz cooked fish)	1 lb AP = 0.49 lb cooked fish
Raw breaded (72 percent fish) 1 oz stick	Pound	8.0	2 sticks (about 1.1 oz cooked fish)	1 lb AP = 0.56 lb cooked fish

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
SEAFOOD, CANNED				
Mackerel	15 oz can	8.0	1 oz heated fish	1 can = about 8-7/8 oz drained mackerel
Maine Sardines	15 oz can	13.5	1 oz fish	1 can = about 13-½ oz drained sardines
Salmon, Pink	15-½ oz can	12.0	1 oz heated fish	1 can = about 12-3/4 oz drained salmon
Tuna				
Water pack chunk	6-½ oz can	6.0	1 oz fish	1 can = 5.7 oz drained tuna
Grated or flake	6 oz can	5.5	1 oz fish	1 can = 5.4 oz drained tuna
Solid	7 oz can	6.5	1 oz fish	1 can = 6.3 oz drained tuna
TURKEY, FRESH OR FROZEN				
Turkey (ready-to-cook)				
Whole (without neck and giblets)	Pound	8.5	1 oz cooked turkey with skin	1 lb AP = 0.53 lb turkey
		7.5	1 oz cooked turkey without skin	1 lb AP = 0.47 lb cooked turkey
(with neck and giblets)	Pound	8.0	1 oz cooked turkey with skin without meat from neck and giblets	1 lb AP = 0.48 lb cooked turkey
		7.0	1 oz cooked turkey without skin, giblets, and meat from neck	1 lb AP = 0.42 lb cooked turkey
Turkey Parts				
Breasts (whole or halves)	Pound	10.5	1 oz cooked turkey with skin	1 lb AP = 0.64 lb cooked turkey
		9.5	1 oz cooked turkey without skin	1 lb AP = 0.57 lb cooked turkey

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Drumsticks	Pound	8.0	1 oz cooked turkey with skin	1 lb AP = 0.48 lb cooked turkey
		7.0	1 oz cooked turkey witnout skin	1 lb AP = 0.44 lb cooked turkey
Thighs	Pound	9.0	1 oz cooked turkey with skin	1 lb AP = 0.54 lb cooked turkey
		8.0	1 oz cooked turkey without skin	1 lb AP = 0.50 lb cooked turkey
Backs	Pound	7.0	1 oz cooked turkey with skin	1 lb AP = 0.43 lb cooked turkey
		5.5	1 oz cooked turkey without skin	1 lb AP = 0.34 lb cooked turkey
Necks	Pound	8.0	1 oz cooked turkey	1 lb AP = 0.48 lb cooked turkey
Wings	Pound	5.5	1 oz cooked turkey without skin	1 lb AP = 0.33 lb cooked turkey
Turkey Ham, Cooked	Pound	11.5	1.4 oz serving (1 oz cooked lean meat)	1 lb AP = 0.70 lb cooked turkey
TURKEY PRODUCTS CANNED OR FROZEN				
Boned Turkey, Canned Boned	Pound	14.5	1/8 cup serving (about 1 oz cooked turkey with skin)	1 lb AP = 0.88 lb cooked turkey
Boned, solid pack	Pound	14.5	1/8 cup serving (about 1 oz cooked turkey with skin)	1 lb AP = 0.93 lb cooked turkey
Boned, with broth	Pound	14.5	1/8 cup serving (about 1 oz cooked turkey with skin)	1 lb AP = 0.78 lb cooked turkey
Creamed Turkey	Pound	3.5	½ cup serving (about 1 oz cooked turkey)	1 lb AP = 0.20 lb cooked turkey
Turkey A La King	Pound	3.5	½ cup serving (about 1 oz cooked turkey)	1 lb AP = 0.20 lb cooked turkey

MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
Turkey Barbecue, Minced	Pound	7.0	¼ cup serving (about 1 oz cooked turkey)	1 lb AP = 0.40 lb cooked turkey
Turkey Salad	Pound	3.5	½ cup serving (about 1 oz cooked turkey)	1 lb AP = 0.24 lb cooked turkey
Turkey with Gravy	Pound	5.5	1/3 cup serving (about 1 oz cooked turkey)	1 lb AP = 0.35 lb cooked turkey
Turkey with Noodles or Dumplings	Pound	2.5	3/4 cup serving (about 1 oz cooked turkey)	1 lb AP = 0.15 lb cooked turkey
VEAL, FRESH OR FROZEN				
Cutlets, Leg (without bone)	Pound	9.0	1 oz cooked lean meat	1 lb AP = 0.54 lb cooked lean meat
Heart (trimmed)	Pound	9.5	1 oz cooked lean meat	1 lb AP = 0.59 lb cooked heart
Liver, Calf (trimmed)	Pound	11.0	1 oz cooked lean meat	1 lb AP = 0.68 lb cooked liver
Roasts				
Chuck (without bone)	Pound	9.5	1 oz cooked lean meat	1 lb AP = 0.59 lb cooked lean meat
Leg (without bone)	Pound	10.0	1 oz cooked lean meat	1 lb AP = 0.61 lb cooked lean meat
Stew Meat	Pound	10.5	1 oz cooked lean meat	1 lb AP = 0.65 lb cooked lean meat
Ground (no more than 16% fat)	Pound	13.0	1 oz cooked lean meat	1 lb AP = 0.79 lb cooked lean meat

VEGETABLES AND FRUITS

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
APPLES				
Fresh	Pound	9.5	½ small raw apple (about ¼ cup fruit)	1 lb AP = 0.91 lb ready-to-cook or serve raw with peel 1 small apple = approximately 2½ inches in diameter (size 185-195)
		12.0	¼ cup raw fruit	1 medium apple approximately 2-3/4 inches in diameter
		6.0	½ medium baked apple (about ¼ cup cooked fruit)	
		11.5	¼ cup raw pared fruit	1 lb AP = 0.78 lb ready-to-cook or serve raw, pared
		7.0	¼ cup cooked pared unsweetened fruit	1 lb AP = 0.78 lb cooked pared
		6.0	¼ cup sieved unsweetened fruit	
Canned (slices, solid pack)	No. 2-½ can (20 oz)	10.0	¼ cup fruit	1 No. 2-½ can = about 26 oz (11-7/8 cups) drained fruit
	Pound	8.0	½ cup fruit	
Dehydrated (slices or rings, regular moisture)	Pound	21 5	¼ cup fruit (about 5 pieces)	1 lb dry = about 5-¼ cups
		29.0	½ cup cooked fruit	
APPLESAUCE				
Canned (smooth or chunky)	No. 303 can (16 oz)	7.0	½ cup fruit	1 No. 303 can = about 1-3/4 cups fruit

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
APRICOTS				
Fresh	Pound	12.0	1 medium raw apricot (about ¼ cup fruit)	1 lb AP = 0.93 lb ready-to-serve raw
		11.0	¼ cup raw halves (¼ cup fruit)	
Canned				
Unpeeled				
Whole (with pits)	No. 303 can (16 oz)	6.5	¼ cup fruit and juice	1 No. 303 can = about 7 oz (7/8 cup) drained pitted fruit
Halves	No. 303 can (16 oz)	7.5	¼ cup fruit and juice	1 No. 303 can = about 8.9 oz (1 cup) drained fruit
Peeled				
Whole (with pits)	No. 303 can (16 oz)	7.0	¼ cup fruit and juice	1 No. 303 can = about 6.9 oz (1 cup) drained pitted fruit
Slices	No. 303 can (16 oz)	7.0	¼ cup fruit and juice	1 No. 303 can = about 8.9 oz (1-1/8 cups) drained fruit
Frozen (halves)	Pound	7.0	¼ cup cooked fruit and juice	
		5.0	¼ cup thawed, drained fruit	
Dehydrated (halves, regular moisture)	Pound	11.5	9 medium dry halves (¼ cup fruit)	1 lb dry = about 2-7/8 cups or 100 halves
		23.5	¼ cup cooked fruit	
ASPARAGUS				
Fresh	Pound	5.0	about 3 cooked spears (¼ cup vegetable)	1 lb AP = 0.53 lb ready-to-cook
		5.0	¼ cup cooked cuts and tips	1 lb AP = 0.50 lb cooked
Canned				
Spears	Pound	7.0	¼ cup vegetable	Medium spear approx. ½ inch diameter at base
	No. 300 cyl (14.5 oz)	6.0	¼ cup vegetable	1 No. 300 cyl = about 8.2 oz (1-¼ cups) drained vegetable

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
ASPARAGUS--continued				
Canned				
Cuts and tips	Pound	6.5	½ cup vegetable	
	No. 300 cyl (14.5 oz)	5.5	½ cup vegetable	1 No. 300 cyl = about 8.2 oz (1-½ cups) drained vegetable
Frozen				
Spears	Pound	11.0	about 3 cooked spears (½ cup vegetable)	
Cuts and tips	Pound	8.5	½ cup cooked vegetable	
AVOCADOS				
Fresh	Pound	8.5	½ cup raw diced vegetable	1 lb AP = 0.67 lb ready-to-serve raw
		7.5	½ cup raw sliced vegetable	
		5.5	½ cup raw mashed vegetable	
BANANAS				
Fresh	Pound	6.5	½ small banana (about ½ cup fruit)	
		8.5	½ cup raw sliced fruit	1 lb AP = 0.65 lb ready-to-serve raw
		5.5	½ cup raw mashed fruit	
Canned Mashed	Pound	7.0	½ cup fruit	
BEANS, FRESH, CANNED OR FROZEN				
Blackeye Beans or Peas				
Canned (green)	No. 303 can (16 oz)	6.5	½ cup heated vegetable	1 No. 303 can = about 11 oz (1-3/4 cups) drained vegetable
Frozen	Pound	11.5	½ cup cooked vegetable	
Fresh (shelled)	Pound	10.5	½ cup cooked vegetable	1 lb in pod = 0.51 lb ready-to-cook

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BEANS, FRESH, CANNED OR FROZEN--continued				
Garbanzo (Chickpeas)				
Canned	No. 300 can (15 oz)	7.0	½ cup vegetable	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained vegetable
	Pound	7.5	½ cup vegetable	
Green Beans				
Fresh	Pound	11.5	½ cup cooked vegetable	1 lb AP = 0.88 lb ready-to-cook
Canned				
Whole	Pound	8.5	½ cup vegetable	
	No. 303 can (15.5 oz)	8.0	½ cup vegetable	
Cut	Pound	7.5	½ cup heated vegetable	
		8.5	½ cup vegetable	
	No. 303 can (15.5 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 9.2 oz (2 cups) drained vegetable
French-style	Pound	6.0	½ cup heated vegetable	
	No. 303 can (15.5 oz)	6.0	½ cup heated vegetable	1 No. 303 can = about 8.7 oz (1-3/4 cups) drained vegetable
Frozen				
Cut	Pound	12.0	½ cup cooked vegetable	
French-style	Pound	12.0	½ cup cooked vegetable	
Kidney				
Canned	No. 303 can (16 oz)	6.5	½ cup heated vegetable	1 No. 303 can = about 10.7 oz (1-2/3 cups) drained vegetable
		7.0	½ cup vegetable	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BEANS, FRESH, FROZEN OR CANNED--continued				
Lima				
Fresh (shelled)	Pound	11.0	½ cup cooked vegetable	1 lb in pod = 0.44 lb ready-to-cook
Canned (green)	No. 303 can (16 oz)	6.5	½ cup heated vegetable	1 No. 303 can = about 11 oz (1-3/4 cups) drained vegetable
Frozen				
Baby	Pound	11.0	½ cup cooked vegetable	
Fordhook	Pound	11.5	½ cup cooked vegetable	
Pinto				
Canned	No. 303 can (16 oz)	6.5	½ cup heated vegetable	
Soybeans				
Fresh (shelled)	Pound	11.0	½ cup cooked vegetable	1 lb in pod = about 0.65 lb (1-3/4 cups) blanched, shelled beans
Canned	Pound	7.5	½ cup heated vegetable	
Wax Beans				
Fresh	Pound	9.5	½ cup cooked vegetable	1 lb AP = 0.99 lb ready-to-cook
Canned	Pound	7.5	½ cup heated vegetable	
		8.5	½ cup vegetable	
	No. 303 can (15.5 oz)	7.5	½ cup heated vegetable	1 No. 303 can = about 9.2 oz (2 cups) drained vegetable
		8.0	½ cup vegetable	
BEAN SPROUTS				
Fresh				
Alfalfa	Pound	40.0	½ cup raw sprouts (½ cup vegetable)	1 lb AP = 1.21 lb ready-to-serve raw

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BEAN SPROUTS --continued				
Fresh				
Mung	Pound	26.5	½ cup raw sprouts (½ cup vegetable)	
		15.0	½ cup parboiled vegetable	1 lb AP = 0.89 lb parboiled
Soybeans	Pound	17.5	½ cup parboiled vegetable	1 lb AP = 0.95 lb parboiled
Canned	Pound	6.5	½ cup heated vegetable	
		7.5	½ cup vegetable	
BEETS				
Fresh (without tops)	Pound	12.0	½ cup raw pared sticks (½ cup vegetable	1 lb AP = 0.77 lb pared
		8.0	½ cup cooked diced vegetable	
		8.0	½ cup cooked sliced vegetable	1 lb AP = 0.73 lb cooked slices
Canned				
Diced	No. 303 can (16 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 10.5 oz (2 cups) drained vegetable
		8.0	½ cup vegetable	
Sliced	No. 303 can (16 oz)	6.5	½ cup heated vegetable	1 No. 303 can = about 10.2 oz (1-2/3 cups) drained vegetable
		7.0	½ cup vegetable	
Whole, baby beets	No. 303 can (16 oz)	7.0	½ cup vegetable	1 No. 303 can = about 10 oz (1-3/4 cups) drained vegetable

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BERRIES				
Blackberries and Boysenberries				
Fresh	Pint (10 oz)	7.5	½ cup raw berries (½ cup fruit)	1 pt AP = about 9.7 oz (1-7/8 cups) ready-to-serve raw
	Pound	12.0	½ cup raw berries (½ cup fruit)	1 lb AP = 0.96 lb ready-to-serve raw
Canned	No. 303 can (16 oz)	7.5	½ cup fruit and juice	1 No. 303 can = about 9.2 oz (1-½ cups) drained fruit
Frozen	Pound	8.0	½ cup cooked fruit, sugar added	
		9.0	½ cup thawed fruit, sugar added	
Blueberries				
Fresh	Pint (14-½ oz)	11.0	½ cup raw berries (½ cup fruit)	1 pt AP = about 0.87 lb (2-2/3 cups) ready-to-serve raw
	Pound	12.0	½ cup raw berries (½ cup fruit)	1 lb AP = 0.96 lb ready-to-serve raw
Canned	Pound	7.5	½ cup fruit and juice	
	No. 300 can (15 oz)	7.0	½ cup fruit and juice	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained fruit
Frozen	Pound	12.0	½ cup fruit, unsweetened, thawed	
		8.0	½ cup cooked fruit, sugar added	
Cranberries				
Fresh	Pound	16.0	½ cup raw chopped fruit	1 lb AP = 0.95 lb ready-to-serve or cook raw
		11.5	½ cup cooked fruit, sugar added, whole berry	

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BERRIES				
Cranberries				
Fresh--continued	Pound	10.0	½ cup cooked fruit, sugar added, strained	
Cranberry Relish or Sauce				
Canned				
Whole	No. 300 can (16 oz)	7.0	½ cup fruit	
Strained	No. 300 can (16 oz)	6.5	½ cup fruit	
Raspberries				
Fresh	Pint (11-½ oz)	9.0	½ cup raw whole fruit	1 pt AP = about 0.69 lb (2-1/8 cups) ready-to-serve raw
	Pound	12.5	½ cup raw whole fruit	1 lb AP = about 0.96 lb ready-to-serve raw
Canned (red)	No. 303 can (16 oz)	7.5	½ cup fruit and juice	
Frozen	Pound	7.5	½ cup fruit and juice, thawed	
Strawberries				
Fresh	Pint (11-½ oz)	8.0	½ cup raw whole fruit	1 pt = about 0.66 lb ready-to-serve raw
	Pound	10.5	½ cup raw whole fruit	1 lb AP = 0.88 lb ready-to-serve raw
Canned	No. 303 can (16 oz)	7.5	½ cup fruit and juice	
Frozen (sliced)	Pound	7.5	½ cup fruit and juice	
BROCCOLI				
Fresh	Pound	10.0	½ cup raw spears (½ cup vegetable)	1 lb AP = 0.81 lb ready-to-cook
		9.5	½ cup cooked spears (½ cup vegetable)	1 medium spear = about ½ cup

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BROCCOLI				
Fresh--continued		10.5	½ cup cooked cuts (½ cup vegetable)	
Frozen (spears, cut or chopped)	Pound	10.0	½ cup cooked vegetable	
BRUSSELS SPROUTS				
Fresh	Pound	8.5	½ cup cooked vegetable	1 lb AP = 0.76 lb ready-to-cook
Frozen	Pound	10.5	½ cup cooked vegetable	
CABBAGE				
Celery or Chinese				
Fresh	Pound	26.5	½ cup raw vegetable pieces	1 lb AP = 0.93 lb ready-to-serve
		11.0	½ cup cooked vegetable strips	
Green				
Fresh	Pound	18.0	½ cup raw chopped vegetable	1 lb AP = 0.87 lb ready-to-cook or serve raw
		11.5	½ cup raw chopped vegetable with dressing	
		26.5	½ cup raw shredded vegetable	
		14.0	½ cup cooked shredded vegetable	1 lb AP = 0.89 lb ready-to-cook shredded
		8.5	½ cup cooked vegetable wedges	1 lb AP = 0.90 lb ready-to-cook wedges
Red				
Fresh	Pound	13.0	½ cup raw chopped vegetable	1 lb AP = 0.64 lb ready-to-cook or serve raw
		25.0	½ cup raw shredded vegetable	1 lb AP = 0.83 lb ready-to-cook or serve raw

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
CABBAGE				
Red Fresh--continued	Pound	13.5	½ cup cooked shredded vegetable	
CARROTS				
Fresh (without tops)	Pound	10.5	½ cup raw vegetable strips (about 6 strips 4 inches by ½ inch)	1 lb AP = 0.70 lb ready-to-cook or serve raw
		11.0	½ cup chopped vegetable	
		14.5	½ cup raw shredded vegetable	
		8.5	½ cup raw shredded vegetable with dressing	
		9.5	½ cup raw vegetable slices	
		8.5	½ cup cooked vegetable slices	1 lb AP = 0.60 lb cooked
Canned Diced	No. 303 can (16 oz)	7.5	½ cup heated vegetable	1 No. 303 can = about 10.5 oz drained vegetable
Sliced	No. 303 can (16 oz)	7.5	½ cup heated vegetable	1 No. 303 can = about 10 oz drained vegetable
Frozen Sliced	Pound	10.5	½ cup cooked vegetable	
Whole	Pound	11.0	½ cup cooked vegetable	
CAULIFLOWER				
Fresh (trimmed)	Pound	12.5	½ cup raw sliced vegetable	1 lb AP = 0.62 lb ready-to-cook or serve raw
		12.5	½ cup raw vegetable florets	1 medium head = about 6 cups florets
		9.0	½ cup cooked vegetable florets	1 lb AP = 0.61 lb cooked

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
CAULIFLOWER--continued				
Frozen	Pound	9.5	½ cup cooked vegetable	
CELERY				
Fresh (trimmed)	Pound	12.5	½ cup raw vegetable sticks or strips (about 4 sticks 3 inches by 3/4 inch)	
		12.5	½ cup raw chopped vegetable	1 lb AP = 0.83 lb ready-to-cook or serve raw
		12.5	½ cup raw diced vegetable	
		9.0	½ cup cooked diced vegetable	1 lb AP = 0.74 lb cooked
		8.5	½ cup cooked sliced vegetable	
Canned, Cooked (diced)	Pound	4.5	½ cup heated vegetable	
Canned, Salad (diced)	Pound	9.0	½ cup vegetable	
		3.5	½ cup heated vegetable	
CHARD, SWISS				
Fresh (untrimmed)	Pound	6.5	½ cup cooked vegetable	1 lb AP = 0.92 lb ready-to-cook
CHERRIES				
Fresh				
Sweet	Pound	8.5	½ cup raw pitted cherries, about 7 whole (½ cup fruit)	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted
Red, tart	Pound	6.5	½ cup cooked pitted fruit, sugar added	1 lb AP = 0.87 lb pitted uncooked
Canned				
Sweet (with pits)	No. 303 can (16 oz)	7.0	½ cup fruit, pitted and juice	1 No. 303 can = about 8.4 oz (1-1/3 cups) drained pitted fruit

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
CHERRIES				
Canned--continued				
Red, tart (pitted)	No. 303 can (16 oz)	8.0	½ cup cooked fruit and juice, sugar added	1 No. 303 can = about 10.7 oz (1-3/4 cups) drained fruit
Maraschino				
Large	Pound	6.5	½ cup fruit	
Small	Pound	6.0	½ cup fruit	
Frozen (red, tart, pitted)	Pound	6.0	½ cup cooked fruit	
		7.0	½ cup fruit, thawed	1 lb AP = about 0.70 lb (1-½ cups) thawed fruit, drained
CHICORY				
Fresh	Pound	48.0	½ cup raw vegetable pieces	1 lb AP = 0.89 lb ready-to-serve raw
		32.0	½ cup raw vegetable pieces with dressing	
COLLARDS				
Fresh (untrimmed)	Pound	6.5	½ cup cooked vegetable leaves	1 lb AP = 0.57 lb ready-to-cook
		10.5	½ cup cooked vegetable leaves and stems	1 lb AP = 0.74 lb ready-to-cook
Canned	No. 303 can (16 oz)	4.0	½ cup heated vegetable	1 No. 303 can = about 9.6 oz (1-2/3 cups) drained vegetable
Frozen (chopped or whole leaf)	Pound	9.5	½ cup cooked vegetable	
CORN				
Fresh (with husks)	Pound	4.0	½ medium ear (about ½ cup cooked vegetable)	1 lb AP = 0.33 lb edible portion cooked
		4.0	½ cup cooked vegetable	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
CORN				
Fresh--continued (without husks)	Pound	5.0	½ medium ear (about ¼ cup cooked vegetable)	
		6.0	¼ cup cooked vegetable	1 lb AP = 0.55 lb raw cut corn
Canned				
Cream style	No. 303 can (16 oz)	6.5	½ cup heated vegetable	
Whole kernel				
Vacuum pack	Pound	9.0	½ cup heated vegetable	
	No. 2 vacuum (12 oz)	7.0	½ cup heated vegetable	1 No. 2 can = about 10 oz (1-2/3 cups) drained vegetable
Liquid pack	No. 303 can (16 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 10.5 oz (1-3/4 cups) drained vegetable
Frozen (whole kernel)	Pound	11.0	½ cup cooked vegetable	
CUCUMBERS				
Fresh	Pound	12.5	¼ cup unpared sliced vegetable	1 lb AP = 0.84 lb ready-to-serve raw, pared
		10.5	¼ cup pared diced or sliced vegetable	
CURRANTS				
Dehydrated	Pound	14.0	¼ cup dry fruit	1 lb dry = about 3-½ cups
DATES				
Dehydrated				
Regular moisture (pitted)	Pound	11.5	¼ cup whole fruit	1 lb dry = about 2-3/4 cups
		11.0	¼ cup chopped fruit	1 lb dry = about 2-2/3 cups
Moisturized (with pits)	Pound	10.0	¼ cup pitted fruit (about 5 dates)	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
EGGPLANT				
Fresh	Pound	7.0	½ cup cooked vegetable cubes	1 lb AP = 0.81 lb ready-to-cook
FIGS				
Fresh	Pound	8.0	1-½ small raw figs (about ¼ cup fruit)	
Canned	No. 303 can (17 oz)	8.0	½ cup fruit and juice	1 No. 303 can = about 9.9 oz (1-1/3 cups) drained fruit
	Pound	7.5	½ cup fruit and juice	
Dehydrated	Pound	10.5	½ cup dry fruit (about 3 figs)	1 lb dry = about 2-5/8 cups or 30 figs
		13.5	½ cup cooked fruit and juice	
FRUIT, MIXED				
Canned				
Fruit cocktail (peaches, pears, pineapple, grapes, cherries)	No. 303 can (16 oz)	7.0	½ cup fruit and juice	1 No. 303 can = about 10.3 oz (1-2/3 cups) drained fruit
Fruit for salad (apricots, peaches, pears, pineapple, cherries, grapes)	No. 303 can (16 oz)	7.5	½ cup fruit and juice	1 No. 303 can = about 9.3 oz (1-¼ cups) drained fruit
Dehydrated (regular moisture)	Pound	10.0	½ cup dry fruit	
GRAPEFRUIT				
Fresh	Pound	4.0	½ fruit, large (about ¼ cup fruit and juice)	1 lb AP = 0.52 lb ready-to-serve raw
		4.5	½ cup fruit sections and juice	
		3.5	½ cup fruit juice	1 lb AP = 0.48 lb (7/8 cup) juice

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
GRAPEFRUIT SECTIONS				
Canned	No. 303 can (16 oz)	7.5	½ cup fruit and juice	1 No. 303 can = about 8.5 oz (1 cup) drained fruit
Frozen	Pound	7.5	½ cup fruit and juice	1 lb AP = about 0.55 lb (1-1/8 cups) drained thawed fruit
GRAPEFRUIT AND ORANGE SECTIONS				
Chilled	Pound	7.5	½ cup fruit and juice	
Canned	No. 303 can (16 oz)	7.5	½ cup fruit and juice	1 No. 303 can = about 8.5 oz (1-1/8 cups) drained fruit
GRAPES				
Fresh				
Seedless	Pound	10.0	½ cup raw halves--about 9 grapes (½ cup fruit)	1 lb AP = 0.97 lb ready-to-serve raw
With seeds	Pound	10.5	½ cup seeded halves--about 6 grapes (½ cup fruit)	1 lb AP = 0.89 lb raw seeded
Canned, Seedless	No. 303 can (16 oz)	7.5	½ cup fruit and juice	1 No. 303 can = about 9.9 oz (1-¼ cups) drained fruit
GREENS				
Beet				
Fresh (untrimmed)	Pound	3.5	½ cup cooked vegetable	1 lb AP = 0.48 lb ready-to-cook
Mustard				
Fresh (untrimmed)	Pound	13.5	½ cup cooked vegetable	1 lb AP = 0.93 lb ready-to-cook
Canned	No. 303 can (16 oz)	7.0	½ cup vegetable	1 No. 303 can = about 9.4 oz (1-2/3 cups) drained vegetable
Frozen				
Chopped	Pound	12.0	½ cup chopped vegetable	
Leaf	Pound	12.5	½ cup cooked vegetable	

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
GREENS--continued				
Turnip				
Fresh (untrimmed)	Pound	6.5	½ cup cooked vegetable	1 lb AP = 0.70 lb ready-to-cook
Canned	Pound	4.5	½ cup heated vegetable	
	No. 303 can (15 oz)	4.5	½ cup heated vegetable	
Frozen (chopped or whole leaf)	Pound	10.0	½ cup cooked vegetable	
JUICES				
Canned Single strength (100 percent juice)	Quart (32 fl oz)	16.0	½ cup fruit or vegetable juice	
Vegetable or fruit (such as apple, grape, grapefruit, grapefruit-orange, lemon, orange, pineapple, prune, tomato, tangerine)	No. 2-½ can (25.5 fl oz)	13.0	½ cup fruit or vegetable juice	
Frozen Concentrated (1 part juice to 3 parts water)	6 fl oz can (about 7 oz)	12.0	1 tabbespoon concentrate (½ cup fruit juice	6 fl oz can reconstituted = 3 cups (24 fl oz)
Any fruit(such as apple, grape, grapefruit, grapefruit-orange, and lime)				
KALE				
Fresh (untrimmed)	Pound	12.0	½ cup cooked vegetable	1 lb AP = 0.67 lb ready-to-cook

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
KALE--continued				
Canned	Pound	6.5	½ cup vegetable	
	No. 303 can (15 oz)	6.5	½ cup vegetable	1 No. 303 can = about 9.4 oz (1-5/8 cups) drained vegetable
Frozen				
Chopped	Pound	12.5	½ cup cooked vegetable	
Whole leaf	Pound	9.5	½ cup cooked vegetable	
KOHLRABI				
Fresh (untrimmed)	Pound	5.5	½ cup cooked vegetable pieces	1 lb AP = 0.45 lb ready-to-cook, pared
LEMONS				
Fresh	Pound	3.5	½ cup fruit and juice	1 lb AP = about 0.43 lb (3/4 cup juice)
LETTUCE				
Endive, Escarole				
Fresh	Pound	20.0	½ cup vegetable	1 lb AP = 0.78 lb ready-to-serve raw
Iceberg (Head)				
Fresh	Pound	22.5	½ cup shredded vegetable	1 lb AP = 0.76 lb ready-to-serve
		21.0	½ cup raw vegetable pieces	
		14.0	½ cup raw vegetable pieces with dressing	
Leaf				
Fresh	Pound	22.0	½ cup raw vegetable pieces	1 lb AP = 0.66 lb ready-to-serve raw
		14.5	½ cup raw vegetable pieces with dressing	
Romaine				
Fresh	Pound	31.5	½ cup raw vegetable pieces	1 lb AP = 0.64 lb ready-to-serve raw
		21.0	½ cup raw vegetable pieces with dressing	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
LIMES				
Fresh	Pound	3.5	½ cup fruit juice	1 lb AP = 0.47 lb (7/8 cup juice)
MANGOES				
Fresh	Pound	8.0	½ cup cubed or sliced fruit	1 lb AP = 0.69 lb ready-to-serve raw
MELONS				
Cantaloupe				
Fresh	Melon (27 oz)	8.0	1/8 small melon (about ½ cup fruit)	Melon = about 5-½ inches in diameter
	Pound	6.0	½ cup cubes or diced fruit	1 lb AP = 0.52 lb ready-to-serve raw
Frozen (melon balls)				
In syrup	Pound	8.0	½ cup fruit and juice	
Unsweetened	Pound	9.0	½ cup fruit	1 lb = about 35 balls
Honeydew				
Fresh	Pound	5.0	½ cup fruit cubes	1 lb AP = 0.46 lb ready-to-serve raw
Frozen	Pound	9.0	½ cup melon balls (½ cup fruit)	1 lb = about 35 balls
Watermelon				
Fresh	Melon (about 27 lb)	128	½ wedge (½ cup fruit)	
	Pound	6.5	½ cup cubed fruit	1 lb AP = 0.57 lb ready-to-serve raw
MUSHROOMS				
Fresh	Pound	19.0	½ cup raw sliced vegetable	1 lb AP = 0.98 lb ready-to-cook
		8.5	½ cup cooked sliced vegetable	
Canned	No. 300 can (8 oz drained weight)	6.0	½ cup vegetable	1 No. 300 can = about 1-½ cups vegetable

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
NECTARINES				
Fresh	Pound	8.0	½ small raw nectarine (½ cup fruit)	1 small = 2 to 2-1/8 inches diameter
		9.0	½ cup raw halves (½ cup fruit)	1 lb AP = 0.91 lb ready-to-serve raw
OKRA				
Fresh	Pound	10.0	½ cup cooked whole vegetable	1 lb AP = 0.87 lb ready-to-cook
		9.0	½ cup cooked sliced vegetable	
Canned	Pound	6.5	½ cup heated vegetable	
Cut	No. 303 can (15.5 oz)	6.0	½ cup heated vegetable	1 No. 303 can = about 10.4 oz (1-3/4 cups) drained vegetable
Frozen				
Cut	Pound	9.5	½ cup cooked vegetable	
Whole	Pound	12.0	½ cup cooked vegetable	
OLIVES				
Canned				
Green				
Stuffed	Pound (drained weight)	12.5	½ cup vegetable	
Whole (pitted)	Pound (drained weight)	15.0	½ cup whole vegetable (about 14 olives)	
Ripe				
Whole, large size (pitted)	Pound (drained weight)	15.5	½ cup whole vegetable (about 8 olives)	
		13.0	½ cup chopped vegetable	
ONIONS				
Green				
Fresh	Pound	15.0	½ cup raw vegetable, with tops	1 lb AP = 0.83 lb ready-to-serve raw with tops
		14.0	½ cup cooked with tops	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
ONIONS				
Green Fresh--continued	Pound	7.0	¼ cup raw chopped or sliced vegetable without tops	1 lb AP = 0.37 lb ready-to-serve raw without tops
Mature Fresh	Pound	9.5	¼ cup raw chopped vegetable	1 lb AP = 0.88 lb ready-to-cook or serve raw
		14.5	¼ cup raw sliced vegetable	
		8.0	¼ cup cooked vegetable pieces	1 lb AP = 0.78 lb cooked
		7.5	¼ cup cooked whole vegetable	
Canned	Pound	5.0	½ cup heated drained vegetable	
	No. 303 can (15.75 oz)	5.0	½ cup heated drained vegetable	1 No. 303 can = about 9.5 oz (1-3/8 cups) drained vegetable
Frozen (chopped)	Pound	13.5	½ cup thawed vegetable	
		7.5	½ cup cooked vegetable	
ORANGES				
Fresh All sizes	Pound	7.5	½ cup fruit sections with membrane and juice	1 lb AP = 0.71 lb ready-to-serve
		3.5	½ cup fruit sections drained, no membrane	1 lb AP = 0.40 lb ready-to-serve
		4.0	½ cup fruit juice	1 lb AP = 0.48 lb (7/8 cup juice)
Canned Mandarin	Pound	7.5	½ cup fruit and juice	
PAPAYA				
Fresh	Pound	9.0	½ cup cubed fruit	1 lb AP = about 0.67 lb ready-to-serve
		5.5	½ cup mashed fruit	

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
PARSLEY				
Fresh	Pound	83.5	¼ cup chopped vegetable	1 lb AP = 0.92 lb ready-to-serve raw
PARSNIPS				
Fresh	Pound	8.5	¼ cup cooked vegetable pieces	1 lb AP = 0.83 lb ready-to-cook
		7.5	¼ cup cooked mashed vegetable	
PEACHES				
Fresh	Pound	8.0	½ small raw peach (¼ cup fruit)	1 small = approximately 2-1/8 inches diameter
		5.0	¼ cup raw diced fruit	1 lb AP = 0.76 lb ready-to-cook or serve raw
		8.0	¼ cup raw sliced fruit	
		7.5	¼ cup cooked sliced fruit, sugar added	
Canned				
Diced				
Cling	No. 303 can (16 oz)	7.5	¼ cup fruit and juice	1 No. 303 can - about 9.8 oz (1-¼ cups) drained fruit
Halves				
Cling or Freestone	No. 303 can (16 oz)	7.5	¼ cup fruit and juice	1 No. 303 can = about 9.5 oz (1-¼ cups) drained clings or about 8.9 oz (1-1/8 cups) drained freestones halves or slices
Slices				
Cling or Freestone	No. 303 can (16 oz)	7.5	¼ cup fruit and juice	
Whole spiced	Pound	3.0	1/3 cup whole fruit--2 small (about ¼ cup pitted fruit)	1 lb AP = 0.34 lb drained pitted fruit
Dehydrated				
Regular moisture (halves)	Pound	11.0	about 4 halves (½ cup dry fruit)	1 lb dry = about 32 halves (2-2/3 cups)
		23.0	¼ cup cooked fruit and juice	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
PEARS				
Fresh	Pound	8.5	½ small raw pear (about ¼ cup fruit)	1 lb AP = 0.92 lb ready-to-cook or serve raw unpared
		7.5	½ cup raw pared, cubed fruit	1 lb AP = 0.78 lb ready-to-cook or serve raw, pared
		8.0	½ cup raw pared, sliced fruit	
		6.0	½ cup cooked pared halves, sugar added (½ cup fruit)	
Canned				
Halves	No. 303 can (16 oz)	8.0	½ cup fruit and juice	1 No. 303 can = about 8.8 oz (1 cup) drained fruit
Diced	No. 303 can (16 oz)	7.5	½ cup fruit and juice	1 No. 303 can = about 10.2 oz (1-½ cups) drained fruit
Dehydrated				
Regular moisture (halves)	Pound	11.0	2-½ halves (about ¼ cup dry fruit)	1 lb AP = about 22 halves (2-2/3 cups)
		20.5	½ cup cooked fruit and juice	
PEAS AND CARROTS				
Canned	No. 303 can (16 oz)	6.5	½ cup heated vegetable	
Frozen	Pound	11.0	½ cup cooked vegetable	
PEAS, GREEN				
Fresh (shelled)	Pound	11.0	½ cup cooked vegetable	1 lb in pod = 0.38 lb ready-to-cook
Canned	No. 303 can (16 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 10.5 oz (1-3/4 cups) drained vegetable
Frozen	Pound	10.5	½ cup cooked vegetable	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
PEAS, GREEN--continued				
Dehydrated				
Whole	Pound	26.0	½ cup cooked vegetable	1 lb dry = about 2-1/3 cups
Split	Pound	23.5	½ cup cooked vegetable	
PEPPERS, GREEN				
Fresh	Pound	15.0	½ cup raw vegetable	1 lb AP = 0.80 lb ready-to-cook or serve raw
		10.0	½ cup raw chopped or diced vegetable	
		10.0	½ cup cooked vegetable strips	1 lb AP = 0.73 lb cooked
Frozen (diced)	Pound	15.5	½ cup raw vegetable	
		7.5	½ cup cooked vegetable	
PICKLES				
(Whole)	Gallon (about 87 oz drained)	55.5	½ cup whole vegetable (about 3-3/4 small gherkins, 1-½ large gherkins, 1 small pickle, ½ medium pickle, 1/3 large pickle, or ½ extra large pickle)	Length of pickles: gherkins = 2 to 2-3/4 inches, small = 2-3/4 to 3-½ inches, medium = 3-½ to 4 inches, large = 4 to 4-3/4 inches, extra large = 4-3/4 to 5-½ inches
PIMIENTOS				
Canned				
Chopped or diced	Pound	6.5	½ cup vegetable	
Whole	Pound	6.0	½ cup chopped vegetable	
	7 oz can	3.0	½ cup chopped vegetable	1 7-oz can = about 5.2 oz (2/3 cup) drained vegetable
PINEAPPLE				
Fresh	Pound	6.5	½ cup raw cubed fruit	1 lb AP = 0.54 lb ready-to-serve raw

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
PINEAPPLE--continued				
Canned				
Chunks	No. 2 can (20 oz)	9.5	½ cup fruit and juice	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained fruit
	Pound	7.5	½ cup fruit and juice	
Crushed	No. 2 can (20 oz)	9.5	½ cup fruit and juice	1 No. 2 can = about 13.8 oz (2 cups) drained fruit
	Pound	7.5	½ cup fruit and juice	
Slices	No. 2 can (20 oz)	9.0	½ cup fruit and juice	1 No. 2 can = about 13 oz (2 cups) drained fruit
	Pound	7.5	½ cup fruit and juice	
Frozen (chunks)	Pound	7.5	½ cup fruit, thawed	1 lb AP = 0.61 lb (1-1/3 cups) thawed fruit, drained
PLANTAINS				
Fresh				
Green	Pound	7.5	½ cup peeled, sliced, boiled fruit	1 lb = 0.63 lb ready-to-cook
Ripe	Pound	6.0	½ cup peeled, sliced, boiled fruit	1 lb = 0.65 lb ready-to-cook
PLUMS				
Fresh				
Italian or purple	Pound	11.0	1-½ plums (about ½ cup fruit)	1 lb AP = 0.94 lb ready-to-cook or serve raw
Japanese or Hybrid	Pound	6.5	1 plum (3/8 cup fruit)	1 plum = about 1-½ inches diameter
Canned				
Purple, whole	No. 303 can (16 oz)	8.0	½ cup fruit and juice	1 No. 303 can = about 8.8 oz (1 cup) drained fruit with pits

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
POTATOES, WHITE				
Fresh	Pound	6.0	½ medium baked potato (about 3/8 cup vegetable)	1 lb AP = 0.81 lb baked potato with skin
		9.0	½ cup pared, cooked, diced vegetable	1 lb AP = 0.74 lb baked potato without skin
		8.5	½ cup cooked, mashed potato	1 lb AP = 0.81 lb ready-to-cook pared
		10.0	½ cup cooked sliced vegetable	1 lb AP = 0.83 lb cooked diced
		5.5	½ cup hash browns (½ cup vegetable)	
Canned (small, whole)	No. 303 can (16 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 9.3 oz (1-½ cups) drained vegetable
Frozen				
French fries, regular				
Crinkle cut	Pound	10.5	½ cup heated vegetable	
French fries, shoestring				
Straight cut	Pound	17.5	½ cup heated vegetable	
Hashbrowns (diced)	Pound	8.0	½ cup heated vegetable	
Shredded (preportioned, 3 oz raw)	Pound	11.0	½ portion (about ½ cup heated vegetable)	
Skins, pieces, wedges, etc. (with skin and precooked)	Pound	11.0	½ cup heated vegetable	
Potato rounds	Pound	11.0	½ cup heated vegetable (about 4-½ pieces)	
Whole (small, frozen)	Pound	10.5	½ cup heated vegetable	
Dehydrated (low moisture)				
Diced	Pound	45.5	½ cup reconstituted vegetable	1 lb dry = about 5-1/8 cups

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
POTATOES				
Dehydrated--continued				
Flakes	Pound	49.0	½ cup reconstituted vegetable	
Granules	Pound	49.0	½ cup reconstituted	
Slices	Pound	43.5	½ cup reconstituted vegetable	
PRUNES, DRY				
Canned	25 oz glass	11.0	½ cup fruit and juice	1 jar = about 13.2 oz (1-2/3 cups) drained pitted fruit
	Pound	7.0	½ cup fruit and juice	
Dehydrated				
Regular moisture (with pits)	Pound	10.0	6 medium prunes, dry (about ½ cup fruit)	1 lb dry = about 2-3/8 cups
		13.0	½ cup cooked fruit and juice	
PUMPKIN				
Fresh	Pound	5.0	½ cup cooked mashed vegetable	1 lb AP = 0.70 lb ready-to-cook
Canned	No. 303 can (16 oz)	8.0	½ cup heated vegetable	
RADISHES				
Fresh (without tops)	Pound	13.0	½ cup whole vegetable, about 7 small radishes	1 lb without tops = 0.94 lb ready-to-serve raw
		15.5	½ cup raw sliced vegetable	
RAISINS				
Dehydrated				
Regular moisture (seedless)	Pound	13.0	½ cup dry raisins (½ cup fruit)	1 lb dry = about 3-1/8 cups
	Package (1.3 oz)	1.0	½ cup dry raisins (½ cup fruit)	
	Pound	21.5	½ cup cooked fruit (½ cup fruit)	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
RHUBARB				
Fresh (without leaves)	Pound	6.5	½ cup cooked fruit, sugar added	1 lb AP = 0.86 lb ready-to-cook
Frozen	Pound	10.0	½ cup cooked fruit, sugar added	
RUTABAGAS				
Fresh	Pound	8.5	½ cup cooked cubed vegetable	1 lb AP = 0.85 lb ready-to-cook
		6.0	½ cup cooked mashed vegetable	
SAUERKRAUT				
Canned	No. 303 can (16 oz)	9.5	½ cup heated vegetable	1 No. 303 can = about 13.2 oz (2-5/8 cups) drained vegetable
SOUPS, CANNED				
Condensed soups (1 part soup to 1 part water)	Pound	4.0	1 cup reconstituted (about ¼ cup vegetable)	Reconstitute 1 part soup with not more than 1 part water
Clam chowder, minestrone, tomato, tomato with other basic components such as rice, vegetable, and vegetable with other basic components such as meat or poultry	10 oz can	2.5	1 cup reconstituted (about ¼ cup vegetable)	
Ready-to-serve soups Clam chowder, minestrone, tomato, tomato with other basic components such as rice, vegetable, and vegetable with other basic components such as meat or poultry	8 fl oz can	1.0	1 cup serving (about ¼ cup vegetable)	

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
SPINACH				
Fresh (partly trimmed)	Pound	31.0	½ cup raw chopped vegetable	1 lb AP = 0.88 lb ready-to-cook or serve raw
		20.5	½ cup vegetable with dressing	
		8.0	½ cup cooked vegetable	
Canned	No. 303 can (15 oz)	4.0	½ cup heated vegetable	1 No. 303 can = about 9.6 oz (1-¼ cups) drained vegetable
Frozen				
Chopped	Pound	6.0	½ cup cooked vegetable	
Whole leaf	Pound	6.5	½ cup cooked vegetable	
SQUASH				
Summer				
Fresh				
Yellow	Pound	7.5	½ cup cooked vegetable	1 lb AP = 0.95 lb ready-to-cook
		6.5	½ cup cooked mashed vegetable	
		8.5	½ cup cooked sliced vegetable	
Zucchini	Pound	14.5	½ cup raw vegetable sticks	1 lb AP = 0.94 lb ready-to-cook
		8.0	½ cup cooked vegetable cubes	1 lb AP = 0.86 lb cooked
		10.5	½ cup cooked sliced vegetable	
Canned (sliced)	No. 303 can (16 oz)	4.0	½ cup heated vegetable	1 No. 303 can = about 9.2 oz (1-¼ cups) drained vegetable
Frozen				
Yellow (sliced)	Pound	8.0	½ cup cooked vegetable	
Zucchini (sliced)	Pound	7.0	½ cup cooked vegetable	

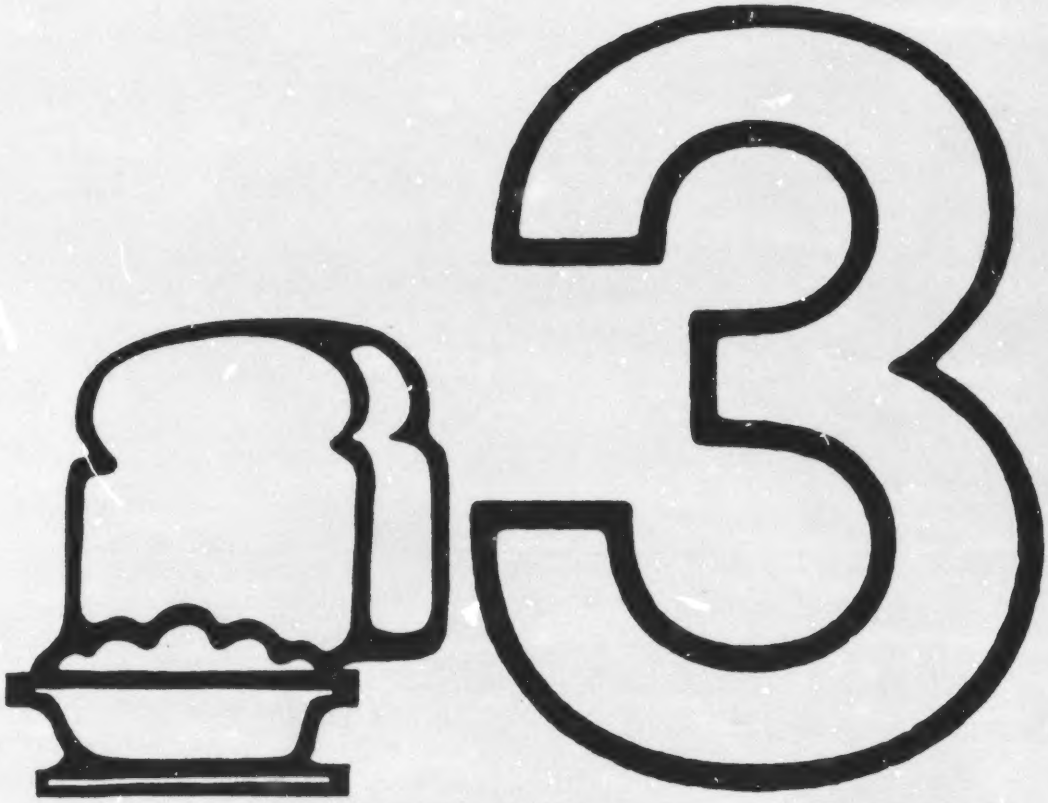
VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
SQUASH--continued				
Winter				
Fresh				
Acorn	1 squash (8 oz)	2.0	½ small squash baked in skin (about ½ cup vegetable)	1 lb AP = 0.87 lb ready-to-cook in skin
	Pound	5.0	½ cup cook mashed vegetable	1 lb AP = 0.70 lb ready-to-cook pared
Butternut	Pound	7.5	½ cup cooked cubed vegetable	1 lb AP = 0.84 lb ready-to-cook pared
		5.5	½ cup cooked mashed vegetable	
Hubbard	Pound	4.5	½ cup cooked cubed vegetable	1 lb AP = 0.64 lb ready-to-cook pared
		4.5	½ cup cooked mashed vegetable	
Frozen (mashed)	Pound	7.0	½ cup cooked vegetable	
SUCCOTASH				
Canned	No. 303 can (16 oz)	7.5	½ cup vegetable	
Frozen	Pound	9.5	½ cup cooked vegetable	
SWEET POTATOES				
Fresh	Pound	5.0	½ baked potato (about 1/3 cup vegetable)	1 lb AP = 0.61 lb baked, without skin
		5.5	½ cup cooked mashed vegetable	
		9.5	½ cup cooked sliced vegetable	
Canned				
Syrup pack				
Cut	No. 303 can (16 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 9.7 oz (1-2/3 cups) drained vegetable
Whole	No. 303 can (16 oz)	7.0	½ cup heated vegetable	1 No. 303 can = about 9.7 oz (1-3/4 cups) drained vegetable

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
SWEET POTATOES				
Canned--continued				
Vacuum pack (whole)	No. 3 can (17 oz)	8.0	½ cup vegetable	
	Pound	7.5	½ cup vegetable	
Dehydrated (low moisture) Flakes	Pound	18.5	½ cup reconstituted vegetable	1 lb dry = about 3-3/4 cups
Frozen (in syrup)	Pound	8.0	½ cup cooked vegetable	
TANGERINES				
Fresh	Pound	8.0	½ medium tangerine (about ½ cup fruit and juice)	1 lb AP = 0.74 lb ready-to-serve 1 medium tanterine = about 2-3/8 inches diameter
		8.5	½ cup fruit sections	
Canned (Mandarin oranges)	Pound	7.5	½ cup fruit and juice	1 lb AP = about 0.61 lb (1-½ cups) drained fruit
TOMATOES				
Fresh	Pound	9.0	½ tomato (about ½ cup vegetable)	1 lb AP = 0.99 lb ready-to-serve raw
		10.0	½ cup sliced vegetable	
Cherry	Pound	12.0	½ cup whole vegetable	1 lb AP = 0.97 lb stemmed tomatoes
Canned	No. 303 can (16 oz)	8.0	½ cup vegetable	1 No. 303 can = about 10.5 oz drained vegetable
		7.5	½ cup heated vegetable	
TOMATO PASTE				
Canned	Picnic (12 oz)	21.0	1 tablespoon paste (½ cup vegetable)	1 12-oz can = about 1-½ cups paste
TOMATO PUREE				
Canned	No. 303 can (16 oz)	14.5	2 tablespoons puree (½ cup vegetable)	1 No. 303 can = about 1-3/4 cups puree

VEGETABLES AND FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
TOMATO SAUCE				
Canned	No. 303 can (15 oz)	7.5	¾ cup vegetable	
TURNIPS				
Fresh (without tops)	Pound	11.5	½ cup raw cubed or diced vegetable	1 lb AP = 0.79 lb ready-to-cook or serve raw
		9.0	½ cup cooked cubed vegetable	1 lb AP = 0.78 lb cooked
		6.0	½ cup cooked mashed vegetable	
VEGETABLES, MIXED				
Canned	No. 303 can (16 oz)	6.5	½ cup heated vegetable	1 No. 303 can = about 11 oz (1-3/4 cups) drained vegetable
Frozen	Pound	8.5	½ cup cooked vegetable	
WATER CHESTNUTS				
Canned	Pound	7.0	½ cup drained fruit	
WATERCRESS				
Fresh	Pound	50.5	½ cup raw vegetable sprigs or pieces	1 lb AP = 0.92 lb ready-to-serve raw



BREAD/BREAD ALTERNATES

BREAD AND BREAD ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
BREAD (Group A)				
Sliced bread (all types-white, rye, whole wheat, raisin, quick bread, etc.)	Pound	32.0	½ slice (13 g or 0.5 oz)	
BREAD STICKS (Group B)	Pound	45.5	2 sticks (10 g or 0.4 oz) (½ bread serving)	
CEREALS (Group D)				
Barley	Pound	42.0	¼ cup cooked	1 lb dry = about 2-1/3 cups
Bulgur	Pound	39.5	¼ cup cooked	1 lb dry = about 3 cups
Cornmeal (yellow)				
Degerminated	Pound	51.0	¼ cup cooked	1 lb dry = about 3 cups
Stone ground	Pound	57.5	¼ cup cooked	1 lb dry = about 3-3/8 cups
Corn Grits				
Instant	Pound	55.0	¼ cup cooked	1 lb dry = about 5-3/4 cups
Quick	Pound	45.0	¼ cup cooked	1 lb dry = about 2-3/4 cups
Regular	Pound	50.5	¼ cup cooked	1 lb dry = about 2-3/4 cups
Farina				
Instant	Pound	45.5	¼ cup cooked	1 lb dry = about 2-3/8 cups
Quick	Pound	58.5	¼ cup cooked	1 lb dry = about 2-½ cups
Regular	Pound	59.0	¼ cup cooked	1 lb dry = about 2-½ cups
Ready-to-eat (wheat, corn, rice, oats, granola)	Package	1.0	3/4 cup or 1 ounce	Package contents vary with the cereal--flakes, puffs, biscuits, shreds, granules, etc.

BREAD AND BREAD ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
CEREALS--continued				
Rolled Oats				
Instant	Pound	47.0	¼ cup cooked	1 lb dry = about 5-2/3 cups
Quick	Pound	48.0	¼ cup cooked	1 lb dry = about 6-½ cups
Regular	Pound	45.5	¼ cup cooked	1 lb dry = about 6 cups
Rolled Wheat	Pound	44.5	¼ cup cooked	1 lb dry = about 4-3/4 cups
Wheat, Cereal				
Instant	Pound	49.5	¼ cup cooked	1 lb dry = about 4 cups
Regular	Pound	49.5	¼ cup cooked	1 lb dry = about 3-1/3 cups
CHOW MEIN NOODLES (Group B)	Pound	35.0	½ cup serving (11 g or 0.4 oz)	
CRACKERS (Group B)				
Graham	Pound	32.5	2 crackers (14 g or 0.5 oz) (½ bread serving)	1 lb AP = about 64 crackers
Saltines	Pound	41.5	4 crackers (11 g or 0.4 oz) (½ bread serving)	
Soda	Pound	45.0	2 crackers (10 g or 0.4 oz) (½ bread serving)	
MELBA TOAST (Group B)	Pound	38.0	3 pieces (12 g or 0.4 oz) (½ bread serving)	
PASTA (Group D)				
Macaroni				
Elbow				
Regular	Pound	39.0	¼ cup cooked	1 lb dry = about 3-½ cups

BREAD AND BREAD ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
PASTA				
Macaroni--continued				
Spiral	Pound	34.0	½ cup cooked	1 lb dry = about 5-3/8 cups
Noodles				
Egg (medium)	Pound	40.5	½ cup cooked	1 lb dry = about 11-7/8 cups
Lasagna	Pound	36.5	½ cup cooked	1 lb dry = about 19 pieces
Spaghetti	Pound	33.0	½ cup cooked	1 lb dry = about 6-3/8 cup
RICE (Group D)				
Brown (long grain)	Pound	39.5	½ cup cooked	1 lb dry = about 2-½ cups
White				
Long grain				
Parboiled	Pound	36.0	½ cup cooked	1 lb dry = about 2-½ cups
Precooked	Pound	47.5	½ cup prepared with boiling water	1 lb dry = about 4-½ cups
Regular	Pound	36.0	½ cup cooked	1 lb dry = about 2-1/3 cups
Medium (regular)	Pound	36.5	½ cup cooked	1 lb dry = about 2-½ cups
Short (regular)	Pound	32.0	½ cup cooked	1 lb dry = about 2-½ cups
RYE WAFERS (Group B)	Pound	36.0	2 wafers (13 g or 0.5 oz) (½ bread serving)	
TACO SHELLS (Group B)	Dozen	12.0	1 taco shell (10 g or 0.4 oz) (½ bread serving)	
ZWIEBACK (Group B)	Pound	32.5	2 pieces (14 g or 0.5 oz) (½ bread serving)	

4

Milk

MILK

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Additional yield information
MILK				
Lowfat milk, skim milk, buttermilk, whole milk (unflavored or flavored)	Gallon	16.0	1 cup milk	
		21.5	3/4 cup milk	
		32.0	1/2 cup milk	
	Quart	4.0	1 cup milk	
		5.5	3/4 cup milk	
		8.0	1/2 cup milk	

APPENDIX

Chart 1 CHILD CARE FOOD PROGRAM

This chart lists the amounts and types of foods to be served to children who are 1 year old and older.

FOODS FOR CHILDREN AGES 1 TO 12	Ages 1-3	Ages 3-6	Ages 6-12
BREAKFAST			
Milk*	½ cup	¾ cup	1 cup
Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
Bread or Bread Alternate	½ slice**	½ slice**	1 slice**
including cereal, cold dry	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce
or cereal, hot cooked	¼ cup	¼ cup	½ cup
SNACK (Supplement)			
Select 2 out of the 4 components			
Milk*	½ cup	½ cup	1 cup
Juice or Fruit or Vegetable	½ cup	½ cup	¾ cup
Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
Bread or Bread Alternate	½ slice**	½ slice**	1 slice**
including cereal, cold dry	¼ cup or 1/3 ounce	4/3 cup or ½ ounce	¾ cup or 1 ounce
or cereal, hot cooked	¼ cup	¼ cup	½ cup
LUNCH or SUPPER			
Milk*	½ cup	¾ cup	1 cup
Meat or Poultry or Fish	1 ounce	1½ ounces	2 ounces
or egg	1	1	1
or cheese	1 ounce	1½ ounces	2 ounces
or cooked dry beans or peas	¼ cup	3/8 cup	½ cup
or peanut butter	2 tablespoons	3 tablespoons	4 tablespoons
Vegetables and/or Fruits (2 or more to total)	¼ cup	½ cup	¾ cup
Bread or Bread Alternate	½ slice**	½ slice**	1 slice**

*Includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet state or local standards.

** or an equivalent serving of bread alternate such as a roll, biscuit, muffin, cooked enriched or whole-grain rice, macaroni, noodles, or other pasta products.

Chart 2 Breads and Bread Alternates

Group A - Breads, Rolls, and Quick Breads

1/4 serving = 7 grams (0.2 oz)
1/2 serving = 13 grams (0.5 oz)
3/4 serving = 19 grams (0.7 oz)
1 serving = 25 grams (0.9 oz)

- Bagels
- Biscuits
- Boston Brown Bread
- Breads, sliced, all types (white, rye, whole wheat, raisin, quick breads, etc.)
- Coffee Cake (breakfast and snack only)
- Corn Bread
- Croissants
- Doughnuts (breakfast and snack only)
- Egg Roll/Won Ton Wrappers
- English Muffins
- French, Vienna, or Italian Bread
- Muffins
- Pizza Crust
- Pretzels (soft)
- Rolls and Buns
- Stuffing, Bread (weights apply to the bread in the stuffing)
- Sweet Rolls and Sweet Buns (breakfast and snack only)
- Syrian Bread (Pita)

Group B - Crackers and Low-Moisture Breads

1/4 serving = 5 grams (0.2 oz)
1/2 serving = 10 grams (0.4 oz)
3/4 serving = 15 grams (0.5 oz)
1 serving = 20 grams (0.7 oz)

- Batter and/or Breading
- Bread sticks (dry)
- Chow Mein Noodles
- Graham Crackers
- Melba Toast
- Rye Wafers
- Saltine Crackers
- Soda Crackers
- Taco Shells (whole, pieces)
- Toaster Pastries (breakfast and snack only)
- Zwieback

Group C - Miscellaneous Items

1/4 serving = 8 grams (0.3 oz)
1/2 serving = 15 grams (0.5 oz)
3/4 serving = 22 grams (0.8 oz)
1 serving = 30 grams (1.1 oz)

- Dumplings
- Hush Puppies
- Meat/Meat Alternate Pie Crust
- Meat/Meat Alternate Turnover Crust
- Pancakes
- Sopaipillas
- Spoonbread
- Tortillas
- Waffles

NOTE: Cookies, Granola Bars, etc. (snack only) — 1/2 serving = 18 grams; 1 serving = 35 grams

Group D - Pastas, Cereal Grains, and Breakfast Cereals

1/4 serving = 1/8 cup cooked or 7 grams (0.2 oz) dry
1/2 serving = 1/4 cup cooked or 13 grams (0.5 oz) dry
3/4 serving = 3/8 cup cooked or 19 grams (0.7 oz) dry
1 serving = 1/2 cup cooked or 25 grams (0.9 oz) dry

- Barley
- Breakfast Cereals* cold dry or cooked (breakfast and snack only)
- Bulgur
- Corn Grits
- Lasagna Noodles
- Macaroni, Spaghetti, and assorted pasta shapes
- Noodles (egg)
- Ravioli (pasta only)
- Rice

*A serving of cold dry cereal is 3/4 cup or 1 ounce, whichever is less (one-half serving is 1/3 cup or 1/2 ounce, whichever is less), and a serving of cooked cereal is 1/2 cup (one-half serving is 1/4 cup).

NOTE: When any cereal is used as an ingredient in a bread or bread alternate, use the serving size given for the appropriate bread group. For example, one-half serving of oatmeal bread should weigh 13 grams or 0.5 ounce (Group A).

TABLE 1 ABBREVIATIONS AND SYMBOLS

AP	as purchased	g	gram	Tbsp	tablespoon
EP	edible portion	kg	kilogram	mL	milliliter
cyl	cylinder	fl oz	fluid ounce	L	liter
pkg	package	pt	pint	incl	including
wt	weight	qt	quart	excl	excluding
lb	pound	gal	gallon		
oz	ounce	tsp	teaspoon		

TABLE 2 VOLUME EQUIVALENTS

1 tablespoon	=	3 teaspoons	7/8 cup	=	14 tablespoons
1/8 cup	=	2 tablespoons	1 cup	=	16 tablespoons
1/8 cup	=	1 fluid ounce	1/2 pint	=	1 cup
1/4 cup	=	4 tablespoons	1/2 pint	=	8 fluid ounces
1/3 cup	=	5-1/3 tablespoons	1 pint	=	2 cups
3/8 cup	=	6 tablespoons	1 quart	=	2 pints
1/2 cup	=	8 tablespoons	1 gallon	=	4 quarts
5/8 cup	=	10 tablespoons	1 peck	=	8 quarts (dry)
2/3 cup	=	10-2/3 tablespoons	1 bushel	=	4 pecks
3/4 cup	=	12 tablespoons			

TABLE 3 DECIMAL EQUIVALENTS OF COMMONLY USED FRACTIONS

1/8 = .125	1/3 = .33	2/3 = .67
1/4 = .25	1/2 = .5	3/4 = .75
3/8 = .375	5/8 = .625	7/8 = .875

TABLE 4 METRIC EQUIVALENTS

Weight		Volume	
Customary	Metric	Customary	Metric
1 ounce	28 grams (g)	1 cup (8 fl oz)	237 milliliters (mL)
4 ounces	113g	1 quart	946 mL
8 ounces	227g	1.05 quarts	1 liter (L)
1 pound (16 oz)	454g		
2 pounds	907g		
2.2 pounds	1 kilogram (kg)		

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